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## **ІННОВАЦІЙНІ ТЕХНОЛОГІЇ В СИСТЕМІ ПІДВИЩЕННЯ КВАЛІФІКАЦІЇ ФАХІВЦІВ ФІЗИЧНОГО ВИХОВАННЯ І СПОРТУ**

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# **INNOVATIVE TECHNOLOGIES IN PHYSICAL TRAINING OF STUDENTS WITH POOR HEALTH**

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Many researchers suggest that there is a trend of worsening of student's health, and it is an urgent problem for a modern Ukrainian society. According to statistics the number of students with poor health has significantly increased recently and they need to attend special groups of physical rehabilitation [1]. The only possible way out of this situation is the complex physical, moral and spiritual education of student youth. Physical education should provide a rational combination of innovative approaches to the educational process and health standpoints [2].

One of the priority directions of the improvement of physical education is the development of scientific principles of physical monitoring of personal development based on modern information technology. The organization and realization of dynamic monitoring of students with poor health involves optimal tools and methods of physical education that will promote students needs for a healthy lifestyle.

From 2012 to 2013 we conducted the experiment among the students of the first and the second year of studying with poor health who belonged to the groups of physical rehabilitation. All these students of Sumy State University were divided into the subgroups according to the nosology of the diseases and the initial level of their physical fitness. It has been experimentally proved that the students with the same level of physical capacity who has various diseases can be combined in a one subgroup. This helped to solve different organizational and methodical problems connected with the implementation of the process of physical education.

The method of studying was carried out according to the differentiated programs in which the individual characteristics of

the involved students with poor health were taken into consideration. As a matter of fact various forms of corrective exercises, recreational elements of Pilates, breathing exercises of Body flex in addition to the traditional means of physical influence were included in the content of a training session. Dosed cyclic aerobic exercise (swimming, health path, "Nordic" walking) were performed with acceptable and minimal recreational and training load. The students received necessary information and methodological knowledge at first and then used it to make their own individual programs of the proposed algorithm and the teacher always helped them.

The created technology of differentiation of physical fitness in accordance to the recovery algorithm was aimed at a gradual adjustment of the work of weakened organs and systems using motor regimes which were optimal for each nosology. The interaction of various forms of physical training sessions, the relationship of their meaning and continuity levels ensure the management of physical activity of students with poor health in accordance to the above mentioned nosological characteristics and needs when we talk about teaching students who attend physical rehabilitation training groups.

Thus, the usage of innovative methods of general preventive and therapeutic effects has a stimulating effect on the correction of physical and functional capabilities of students with poor health who attends the groups of physical rehabilitation.

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